



*Effective Substance Abuse and  
Mental Health Programs  
for Every Community*

## Project Toward No Drug Abuse

Project Toward No Drug Abuse (TND) is a highly interactive program designed to help high school youth (14 to 19 years old) resist substance use. A school-based program, TND consists of twelve 40- to 50-minute lessons that include motivational activities, social skills training, and decisionmaking components that are delivered through group discussions, games, role-playing exercise, videos, and student worksheets. Project TND teaches participants increased coping and self-control skills that allow them to—

- Grasp the cognitive misperceptions that may lead to substance use and express a desire not to abuse substances
- Understand the sequence of substance abuse and the consequences of using substances
- Correct myths concerning substance use
- Demonstrate effective communication, coping, and self-control skills
- State a commitment to discuss substance abuse with others

### TARGET POPULATION

Project TND was tested with White, African American, Hispanic/Latino, and Asian American adolescents, 14 to 19 years old, attending both regular and alternative schools.

### BENEFITS

This program enables students to understand and express the cognitive misperceptions that may lead to substance use. Participants also state a commitment to discuss substance abuse with peers and not to abuse substances.

### Proven Results\*

- Cigarette use reduced 27%
- Marijuana use reduced 22%
- Alcohol use reduced 9%
- Other drug use decreased 26%
- Weapon carrying among males reduced 25%

*\*Relative to randomly assigned comparison, participants showed decreased substance use in the last 30 days and in any weapon carrying during the last year.*

### INTERVENTION

Universal

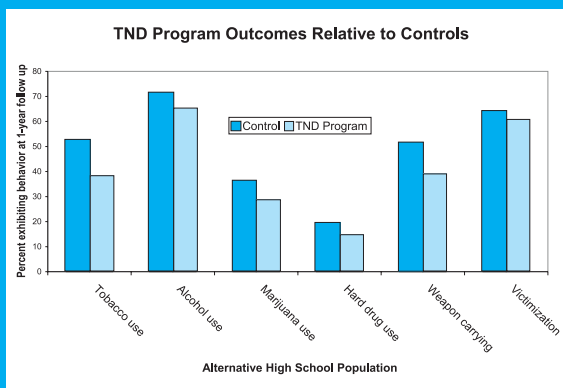
Selective

Indicated



**U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES**  
Substance Abuse and Mental Health Services Administration  
Center for Substance Abuse Prevention  
[www.samhsa.gov](http://www.samhsa.gov)

## OUTCOMES



Project TND-II participants in alternative high schools (schools for high-risk students) experienced:

- A reduction in cigarette use of 27%
- A reduction in marijuana use of 22%
- A reduction in higher levels of alcohol use of 9%
- A reduction in “hard” drug use of 26%
- Among males, a reduction in weapons carrying of 25%

Project TND-I participants in regular high schools experienced:

- A reduction in “hard” drug use of 25%
- A reduction in higher levels of alcohol use of 12%
- Among males, a reduction in weapons carrying of 19%

## HOW IT WORKS

Project TND’s 12 lessons are designed for presentation during a 4-week period, although they may be spread over 6 weeks if all lessons are taught. Project TND involves teacher-led student participation in interactive program components including:

- Education on the progression of substance use to substance abuse
- Exercises to motivate against substance abuse (e.g., exercises include a mock “Talk Show” that provides empathy lessons, discussions on stereotyping, and the effects of being labeled a substance abuser)
- Interpersonal skills development (e.g., communication, active listening)
- Coping skills development (e.g., learning the value of personal health in daily living and life goals)
- Self-control training (e.g., social self-control skills, understanding positive and negative thought and behavior loops, violence prevention)
- Cognitive misperception correction (e.g., substance use myths, denial)
- Tobacco cessation strategies
- Decisionmaking skills development and commitment building
- The “TND Game” (a classroom competition on substance use and effects knowledge)
- The “Drugs and Life Dreams” program video
- The use of longitudinal assessment materials

## IMPLEMENTATION ESSENTIALS

Virtually any school or school district can implement Project TND. A single, trained classroom teacher delivers Project TND in a classroom setting to class sizes varying from 8 to 40 students. One to 2 days of teacher training prior to curriculum implementation is highly recommended.

Project TND offers an implementation manual providing step-by-step instructions for completing each of the 12 lessons. Program materials also include:

- A video on the need to eliminate substance abuse in order to achieve life goals
- A student workbook
- An optional kit containing other instructional materials (evaluation materials, the book *The Social Psychology of Drug Abuse*, and Project TND outcome articles)

## PROGRAM BACKGROUND

Project TND was developed specifically to fill a gap in substance abuse prevention programming for senior high school youth. It is the result of an ongoing research project that has been funded by the National Institute on Drug Abuse since 1992. The theory underlying Project TND is that young people at risk for substance abuse will not use substances if they 1) are aware of misleading information that facilitates substance use (e.g., myths about substance use, stereotyping), 2) have skills that help them lower their risk for use (e.g., coping skills, self-control), 3) appreciate the consequences that substance use may have on their own and others' lives (e.g., chemical dependency), 4) are aware of cessation strategies, and 5) have decisionmaking skills to make a commitment not to use substances.

## EVALUATION DESIGN

Two versions of Project TND (TND-I and TND-II) have been tested in three experimental field trials to date, involving two or three conditions in each design. TND-I is the original 9-lesson program, and TND-II is a 12-lesson program that added lessons on marijuana and cigarette use. Only TND-II is now disseminated.

A 1997-98 trial of TND-II involved 18 alternative high schools. A randomized block design was used to assign six schools to one of three conditions: 1) standard care (i.e., the control group), 2) a 12-lesson classroom program, or 3) a 12-lesson self-instructional version of the classroom program. An earlier trial of TND-I in three regular high schools had a two-group randomized block design where 26 classrooms were assigned to one of two conditions: 1) the nine-lesson classroom program or 2) a standard care control group. Approximately 1,000 youth participated in each trial.

## PROGRAM DEVELOPER

### Steve Sussman, Ph.D., FAAHB

Steve Sussman is a professor in the University of Southern California's Departments of Preventive Medicine and Psychology and holds a position at the Institute for Health Promotion and Disease Prevention Research. He has published over 170 articles, chapters, or books in the area of substance abuse prevention and cessation. Recent projects include Project Toward No Tobacco Use (TNT), a tobacco-use prevention program that has also been recognized as a Model Program by the Substance Abuse and Mental Health Services Administration's Center for Substance Abuse Prevention (see other fact sheet), as a "Program That Works" by the Centers for Disease Control and Prevention, U.S. Department of Health and Human Services, and as an exemplary program by the U.S. Department of Education. He also helped develop Project EX, which is among the largest and most successful teen tobacco-use cessation trials to date.

## Target Areas

### Protective Factors To Increase

#### Individual

- Accurate knowledge of the course of substance abuse, its consequences, and its prevalence
- Effective communication, listening skills, and behavioral and cognitive coping skills
- Empathetic understanding of the effects of substance abuse on others
- Knowledge of tobacco cessation strategies
- Understanding the importance of health in achieving life goals
- Self-control, assertiveness, and conflict resolution skills
- Self-awareness to moderate specific behaviors
- Decisionmaking skills
- Commitment to not use substances

#### Family

- Understanding of effects of substance abuse on the family and how to get help

#### School

- School commitment to not allowing substance use

#### Community

- Resistance to negative stereotyping

### Risk Factors To Decrease

#### Individual

- Low self-esteem
- Self-defeating perceptions regarding substance use consequences
- Belief in substance use myths

## CONTACT INFORMATION

Steve Sussman, Ph.D., FAAHB  
Professor of Preventive Medicine and Psychology  
Institute for Health Promotion and Disease Prevention Research and  
Research Center for Alcoholic Liver and Pancreatic Diseases  
1000 South Fremont Avenue, Unit 8  
Building A-4, Room 4124  
Alhambra, CA 91803  
Phone: (626) 457-6635  
Fax: (626) 457-4012  
E-mail: [ssussma@hsc.usc.edu](mailto:ssussma@hsc.usc.edu)

or

Fran Deas  
TND Project Administrator  
Institute for Health Promotion and Disease Prevention Research  
1000 South Fremont Avenue, Unit 8  
Building A-4, Room 4124  
Alhambra, CA 91803  
Phone: (626) 457-6634  
Fax: (626) 457-4012  
E-mail: [deas@hsc.usc.edu](mailto:deas@hsc.usc.edu)

## RECOGNITION

Model Program—Substance Abuse and Mental  
Health Services Administration, U.S.  
Department of Health and Human Services

Exemplary Program—Health Canada

Model Program—Sociometrics, Inc.